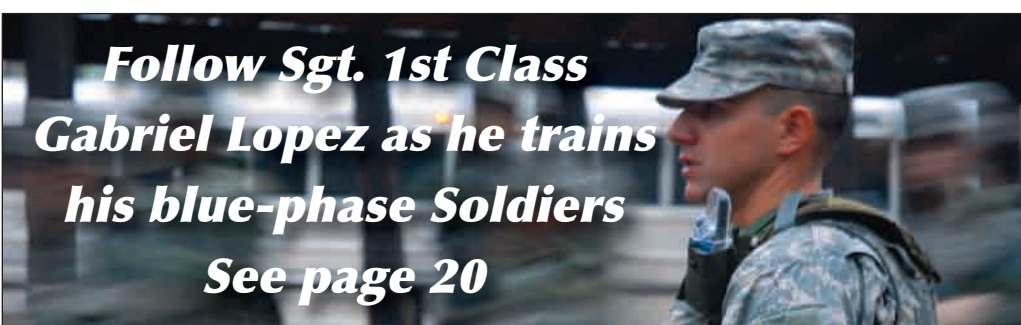


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Happy Holidays  
from the Fort Jackson Leader  
and the Public Affairs Office

# The Fort Jackson Leader

Thursday, December 18, 2008 Published for the Fort Jackson/Columbia, S.C. Community www.fortjacksonleader.com

## BCT Soldiers clinch MAC 1

Susanne Kappler  
Leader Staff

Staff Sgt. Aaron Price, a drill sergeant with Company F, 2nd Battalion, 39th Infantry Regiment, had never punched one of his Soldiers. On Tuesday, he did it repeatedly — in the presence of Lt. Col. Collin Fortier, his battalion commander, and Capt. Matthew Graessle, his company commander.

Price was not out of line, though. His job was to act as an assailant during the company’s certification of 32 Basic Training Soldiers in Level 1 of Modern Army Combatives. The objective during the certification is for the Soldiers to ward off an attacker by achieving one of four possible clinches.

Eight Soldiers from each of the company’s platoons were selected to be certified, explained Graessle, either because they won their platoon tournament in their respective weight class or because they were chosen by their drill sergeants.

The Soldiers were well-prepared for the event.

“We did the initial MAC training with the entire company and then we did refresher training in bouts, sporadically, about once every 10 days throughout the cycle,” Graessle said. “And prior to the skills test the drill sergeants gave them, we trained them back up to make sure they knew the technical aspects of it.”

Fortier and Graessle agreed that getting Soldiers certified during Basic Combat Training is



Photo by Susanne Kappler

Pvt. Ryan Owen, left, attempts to clinch Staff Sgt. Aaron Price during a one-minute bout of hand-to-hand combat Tuesday. Owen is one of 32 Basic Combat Training Soldiers in Company F, 2nd Battalion, 39th Infantry Regiment who were certified in Modern Army Combatives.

See **Combatives** Page 6

## New AG CSM sets standard in caring for other Soldiers

Mike A. Glasch  
Leader Staff

*Hold your head up, hold it high!*

More than just a cadence, those words are the message the new command sergeant major for the Adjutant General School and the AG regimental corps has for all Soldiers in the adjutant general branch.

Command Sgt. Maj. Darlene Hagood became the sixth Soldier, and the first female, to hold those positions during a change of responsibility ceremony, Dec. 11, at the SSI auditorium. Hagood said one of her first priorities is to instill a greater sense of pride throughout the corps.

“I don’t want to say there isn’t pride within the corps. I know

that there is, she said.

Hagood explained that too often she sees Soldiers in the adjutant career field hang their heads when asked about their MOS.

“We chose a career field to serve other people,” she said. “I want our Soldiers to do that with pride so that the person they are providing customer service to walks away knowing they were serviced by someone who cares about them.”

Hagood entered the Army in 1987. Soon after, she set her sights on a 20-year journey that came to fruition last week.

“I remember being a young specialist, and being so proud about the job I was doing and realizing what we did taking care of other Soldiers. Once I realized what the rank structure of the AG Corps was, I thought to myself, I wouldn’t mind being the

regimental sergeant major one day,” Hagood said,

Being the first female in her position is something Hagood knows will have her actions put under a microscope. It is a challenge for which she said she is prepared.

“I realize I operate in a male-dominated arena. But I have always believed that if I carry my load, if I do what I am supposed to do, then my male counterparts will just see me as one of their peers,” she said. “I don’t want me being the first female to be the focus. I hope they see the leader, not the female.”

While Hagood tries to downplay being the first female AG regimental command sergeant major, the commander of the AG

See **CSM** Page 4

# COMMANDERS' CORNER

## From the Commanding General

### Have a safe, happy holiday season, return safely

The holiday season is a special time — a time to reflect on the kind of nation we are: a nation whose character and decency are embodied in our armed forces.

This holiday season, let us give thanks for the blessings God has granted to our nation and in each of our lives.

May the joy of the holidays renew our commitment to working together for a future of peace, opportunity and hope. Please accept my best wishes for the entire Fort Jackson family and the citizens of our surrounding communities as we prepare for the upcoming holiday season.

Many of you will be embarking in all directions — north and south, east and west — to gather and celebrate this holiday season.



Brig. Gen. May

The holiday season is a time for social gatherings with co-workers, friends and families. As we prepare for the holiday festivities, we must remember safety.

My one holiday wish is your safety. There is hardly a day that goes past, that someone in the Army family is not personally affected by an accident.

The holiday season increases our accident exposure due to the increased nationwide travel. I would like to take this time also to wish you a very safe holiday season and stress that you exercise good judgment at all times so that you or a member of your family aren't involved in an accident.

As our Safety Director puts it — safety equals discipline. This is true. Discipline should not only be practiced during your time away, but also prior to your departure

and return.

There is nothing more disturbing to me than to learn of an accident that could have been prevented. Regardless of your holiday destination or your mode of travel, you should be able to return safely to Fort Jackson if you follow some simple advice.

Make sure your vehicle is in good working condition; leave early if you are going on a long trip; take frequent breaks; be alert for distracted drivers; and, most importantly, ensure all occupants are wearing seat belts.

If you plan on attending or hosting a holiday gathering, and your gathering will include indulging in alcoholic beverages, please do so in moderation.

As we all know: drinking and driving don't mix. Plan ahead for a designated driver, or as host, be prepared to provide an alternate means of transportation to en-

sure your friends or family members return home safely.

To you BCT Soldiers, if all else fails you have two powerful tools to ensure a safe holiday season: common sense and good judgment.

In order to emphasize the importance of safety this holiday season, the Block Leave edition of *The Leader* contains safety guidelines and information for the holiday season.

On another very important holiday note, I want to take this time to salute our deployed Soldiers who will be spending the holiday season in far away places, protecting the many freedoms that make this country great.

I ask that you keep in your thoughts and prayers those Soldiers currently serving abroad who are unable to be home for

See CG column Page 4

## Ask the Garrison Commander

### Outdoor trips; Accompanied tour length overseas



Col. Dixon

**Q** When I was stationed in Germany, FMWR offered all kinds of outdoor adventure trips like hiking, whitewater rafting, and horseback riding. Does Fort Jackson FMWR offer these kinds of trips and can I bring my family or friends with me?

**A** Fort Jackson FMWR has always strived to offer a wide variety of outdoor activities for the military community. Marion Street Station is the Outdoor Recreation headquarters on post.

It offers a wide variety of programs for everyone, from children to seniors, in many different activities. Some of the activities previously offered are whitewater rafting, hiking and deep-sea fishing.

Fort Jackson Outdoor Recreation also offers clinics on many outdoor activities from rock climbing to learning how to roll a kayak. In addition, you can sign up for many exciting trips, all of which are posted in the outdoor calendar at Marion Street Station.

Also, look on the FMWR marquee in front of the Strom Thurmond Building for upcoming trips and activities. Any authorized FMWR user may sign up for the trips and is allowed to sponsor friends and family members. For more information, call 751-3484.

**Q** I'm a single officer with no family members preparing for an assignment to Germany. I was told that I must serve the long tour length. Is this true?

**A** Yes, it is true you will serve the accompanied tour length. AR 614-30, chapter 3, paragraph 3-5(a)(2),

states: "Officers and career enlisted who have no dependent family members in their household, are not married to another service member, and are assigned to long-tour areas overseas will serve the accompanied tour."

#### Garrison Fact of the Week

The Georgia Aquarium is noted as the World's Largest Aquarium.

It is filled with 8 million gallons of fresh and marine water, and more than 100,000 animals representing 500 species from around the globe. The Georgia Aquarium sits on 91/2 acres of land adjacent to Centennial Olympic Park in downtown Atlanta.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

## The Fort Jackson Leader

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

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## Correction

On page 32 of the Dec. 11 *Leader*, Rondell Taiste, running back for Victory Support Battalion, scored the winning touchdown in the VSB vs. 2-39 flag football season championship game.



## New digs



Photo by Crystal Lewis Brown

**Fort Jackson leaders, supporters and family members turn over the first mounds of dirt during the Military Family Housing Groundbreaking Ceremony Wednesday. The ceremony marked the beginning of a \$168 million Balfour Beatty Communities project that will include the demolition of 916 units and the building of 610. Representatives from Balfour Beatty and the Fort Jackson Residential Communities Initiative are working to provide housing on par with what families can get off post.**

## Post empties as Block Leave begins

**Crystal Lewis Brown**  
Leader Staff

If there is only one tenet for a Basic Combat Training Soldier to follow, it would be a fairly simple one: Listen to your drill sergeant. But for the 12,268 BCT and Advanced Individual Training Soldiers taking Block Leave, they have at least a short reprieve from the long, structured days full of "yes, drill sergeant."

This year's Block Leave begins today and ends Jan. 2, with almost 7,000 Soldiers will return to Fort Jackson at the end of the holiday period. Soldiers began leaving as early as 1 a.m.

Some Soldiers spent their last few days at Fort Jackson shopping for Christmas presents and travel necessities.

Pvt. Roderick Trotter, with Company F, 3rd Battalion, 13th Infantry Regiment, was one of the many Soldiers shopping at the Main Post Exchange earlier this week in preparation for Block Leave.

Though the Biloxi, Miss., native had only one day left before graduation, he still found it hard to believe that his stint at Fort Jackson was coming to a close. Trotter will be assigned to Fort Gordon, Ga., for Advanced Individual Training after Block Leave.

"It actually feels kind of weird right now. Like I won't believe it until I'm home with my family," he said.

Trotter, one of the few Soldiers looking around that day with nothing in his hands, said he was planning to save most of his Christmas shopping for when he got home.

"I thought about buying a PSP for the ride home, but I'm really just looking," he said.

His battle buddy, Pvt. Tony Martin, came to shop. He searched diligently for Christmas presents for his family, specifically, a camera for his sister, but after about 30 minutes, he had only managed to pick out a handful of CDs.

"I need something to listen to on the way home," explained Martin, who also graduated Tuesday.



Photo by Crystal Lewis Brown

**Pvt. Tony Martin, Company F, 3rd Battalion, 13th Infantry Regiment, looks at the selection of cameras on display at the Main Post Exchange. Martin was one of several Soldiers shopping this week in preparation for Block Leave.**

Whether he finished his Christmas shopping that day, Martin was just happy to be heading home.

"It feels real good," he said.

The holdover battalion for those Soldiers not traveling during Block Leave is the 2nd Battalion, 13th Infantry Regiment.

Crystal.Y.Brown@us.army.mil

## CFC reaches \$1.5M despite economic woes

**Mike A. Glasch**  
Leader Staff

Tough economic times did not deter the Midlands' service members and federal civilian employees from digging deep in their pockets to help those in need. This year's Combined Federal Campaign raised nearly \$1.5 million locally.

Announcement of the tally was made Monday during the annual CFC Victory Luncheon at the Fort Jackson Officers' Club.

"Individuals who call the Midlands home, and others across the nation are receiving the help they need because of the thousands of non-profit agencies that receive funding through the Combined Federal Campaign," said Joe Pinner, local broadcast personality who emceed the luncheon.

The donations came from Fort Jackson, Shaw Air Force Base and civilian federal workers throughout the Midlands. According to Sgt. 1st Class Sandra Clemmons, assistant coordinator for the 2007 CFC Campaign, almost \$1 million of the total was from Fort Jackson.

"When you hear about the number of dollars that were contributed through this campaign, and you know it was voluntary to begin with, you can feel proud to be a part of an institution that gives so selflessly of their time and their money," Col. Kevin Shwedo, Fort Jackson deputy commander, told the CFC volunteers at the luncheon.

After several record setting years, the recession took its toll as this year's total fell below the 2007 record of more than \$1.1 million from Fort Jackson and the \$1.6 million raised throughout the Midlands.

"With the economy doing what it is doing, you have found a way to reach the hearts of Americans," Shwedo said. "When people are digging into their pockets, spending more to get less, anyone who contributes selflessly to this kind of project is huge. You get to see the seven Army values taking place."

Ninety-eight percent of Soldiers and civilian employees at Fort Jackson were contacted about donating to the program. That is just short of the 100 percent contact goal set at the beginning of the campaign, which began Sept. 1. Fort Jackson had 243 Soldiers and civilian employees who were Eagle Donors, which are those who contribute more than \$1,000.

CFC has raised more than \$6 billion since its inception in 1961.

Michael.A.Glasch@us.army.mil



Around Post

ISO Closed

The Installation Security Office will close at 11 a.m., Friday. Regular office hours will resume Monday.

IG Office Closed

The Office of the Inspector General will close 11 a.m., Friday.

Museum Closed

The U.S. Army Basic Combat Training Museum, formerly the Fort Jackson museum, will close from Monday to Jan. 2.

Thrift Shop Closed

The Thrift Shop will close from Tuesday to Jan. 5.

Newcomer's Orientation

Newcomer's Orientation/Re-entry Brief is scheduled from 9 a.m. to noon, Jan. 7 in the Post Conference Room. For more information or to register, call 751-5256.

Road Closure

Lee Road will close temporarily for two to four hours one day between Jan. 5-16. The exact day for the closure will be posted at a later date.

Roads Open

Construction is complete on Commissary Way, which leads to the commissary from Imboden Street, and Brown Avenue, which leads to the NCO Club from the housing area. Both roads are now open.

AFAP Conference

The Army Family Action Plan annual conference is scheduled from 8 a.m. to 5 p.m., Jan. 14 in the Officers' Club. For more information or to register, call 751-5256.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

from the "Forty Rounds" and the "Always Forward" Battalions



Sgt. 1st Class Joianessa Lopez  
Company A,  
3rd Battalion,  
13th Infantry  
Regiment



Staff Sgt. Jeremy Keenan  
Company B,  
3rd Battalion,  
13th Infantry  
Regiment



Sgt. 1st Class Jimmy Oates  
Company C,  
3rd Battalion,  
13th Infantry  
Regiment



Staff Sgt. Denita Shaw Walters  
Company E,  
3rd Battalion,  
13th Infantry  
Regiment



Staff Sgt. Tamara Smart  
Company F,  
3rd Battalion,  
13th Infantry  
Regiment



Staff Sgt. Chevella Stokes  
Company A,  
1st Battalion,  
34th Infantry  
Regiment



Staff Sgt. Joshua Barnes  
Company B,  
1st Battalion,  
34th Infantry  
Regiment



Sgt. 1st Class Ingrid Henson  
Company D,  
1st Battalion,  
34th Infantry  
Regiment



Sgt. 1st Class William White  
Company E,  
1st Battalion,  
34th Infantry  
Regiment



Staff Sgt. Brian Suter  
Company F,  
1st Battalion,  
34th Infantry  
Regiment

CSM (continued from Page 1)

school, Col. Robert Manning, said that it is something that deserves special recognition and is confident she is the right person for the job.

"Being the first means one will be the standard bearer for all who will follow," he said. "The selection team needed to get it right. I am convinced it did."

Though this is something she has planned for, sought after and had her sights set on for 20 years, Hagood admits reaching her career goal still has not sunk in.

"I still think I really don't get the magnitude of the position I'm in," she said. "I don't think of it being about me, but rather it being about the Soldiers, enlisted and officers. I'm their CSM. I'm here to support them."

Michael.A.Glasch@us.army.mil

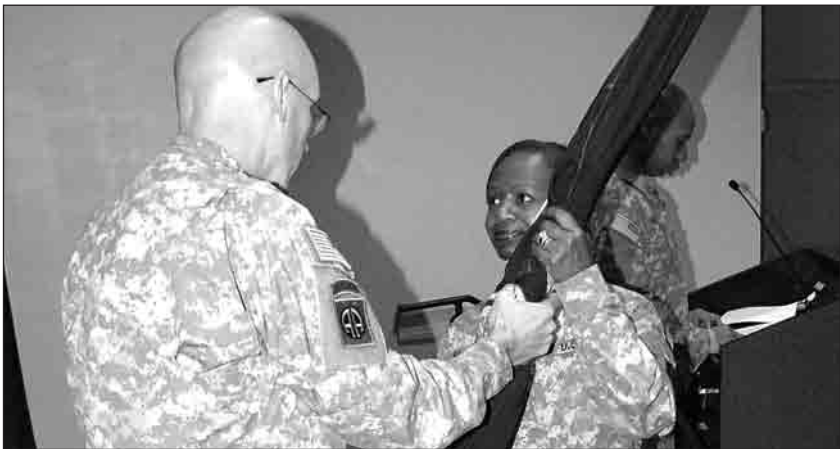


Photo by Mike A. Glasch

Command Sgt. Maj. Darlene Hagood accepts the Adjutant General School's colors from the school's commandant, Col. Robert Manning, during a change of responsibility ceremony Dec. 11 at the SSI auditorium.

CG column (continued from Page 2)

the holidays. Also, please remember their families who make great sacrifices enduring separation from their loved ones during the holidays.

All of you are important members of the Fort Jackson community. And when I say, "all," I am not only referring to Basic Combat Training Soldiers, but to their leaders and other permanent party members, as well as our civilians and all of our families.

Loyalty, duty, respect, selfless service, honor, integrity

and personal courage flourish on Fort Jackson every day of the year. I can't say how much I appreciate the way we live our Army Values.

Victory would not start here, if it were not for the effort and hard work put forth by a hardworking team. I have only been here for the latter half of this year, but I can tell you from my heart that I am so proud to command so many dedicated and professional team members.

You are not only important to the mission we execute here on Fort Jackson, but you are critical to the success of all Army missions worldwide.

Please enjoy the holidays and accompanying time off from work. Thank you for serving our country.

Jan, Chad, and I personally extend our gratitude in wishing you a safe and enjoyable holiday season filled with many blessings.

ARMY STRONG!

## Customer Service Corner

A Community FIRST Soldier Focus Group met Dec. 9 in the Plans, Analysis and Integration Office conference room to discuss issues affecting Soldiers (active duty, National Guard and Reserve) in the community.

The following three issues were surfaced by focus group delegates:

**Issue:** Cost of child care

**Scope:** Child care rates per household income are too extreme. Rates are not competitive with off-post facilities. Total family income is considered, not debt-to-income ratio. This causes financial strain on families, which results in families finding alternate means of child care.

**Recommendation:** Change policy to lower current child care rates. Consider debt-to-income ratio (disposable income) when setting fees.

**Issue:** Location of the refill pharmacy

**Scope:** The current location of the refill pharmacy is not convenient because of heavy traffic on most days and there is no formal waiting area. The present location was to act as an overflow facility; however it is crowded and congested because of the vendors and the Internet cafe. This creates an inconvenience for those utilizing the pharmacy and causes them to use off-post pharmacies.

**Recommendation:** Relocate the refill pharmacy to the south end of the mini-mall because there is ample parking, little

or no traffic and sufficient space for a waiting area.

**Issue:** Off-post access to on-post schools

**Scope:** Dependent children living off post are not allowed to attend on-post schools. On-post schools are more convenient and close to working parent; such as in the case of illness and special events. Allowing these children to attend school on post will decrease the number of "latch key kids" and maintain mission readiness.

**Recommendation:** Change section 2164 of title 10 US Code and DDESS Financing Systems to allow children residing off post the option of attending on-post schools. The change would include implementing a "lottery" system to allow these children the opportunity to fill vacancies at DDESS schools.

Each issue was forwarded to the appropriate directorate or organization responsible for resolution. They were also discussed during the Installation Action Council, which convened Dec. 16. The issues that require a higher level of approval will be recommended for forwarding to the commanding general.

Each issue will be publicized in the Customer Service Corner once its status has been determined.

The Soldiers Focus Group was held as part of the Community FIRST issue resolution process and another one is set from

8 a.m. to noon, Jan. 27. This focus group is one of eight that are held annually to review and develop issues specific to each constituency — Soldier (active duty and Reserve components), family members, civilian employees, retirees, surviving families, Warriors in Transition, teens and drill sergeant spouses.

The issues surfaced are ones that cannot be fixed through the Interactive Customer Evaluation system. Any community member who wants to participate in one of the focus groups should call 751-3425.

For a detailed list of issues that have been submitted through Community FIRST and the status of each issue, visit the Customer Management Services Web site at: <http://www.jackson.army.mil/Well-Being/wellbeing.htm>.

New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST logo.

Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

### ICE Appreciation

The garrison congratulates the Directorate of Plans, Training, Mobilization and Security, specifically the security division and the museum. They have achieved a 5.0 and a 4.93 rating, respectively, in Employee/Staff Attitude out of a possible 5.0 for a 12-week period.

*A tip of the campaign hat to this week's ...*

## Drill Sergeants of the Cycle

from the "AAA-O" Battalion



**Sgt. Sandra Owen**  
Company C,  
2nd Battalion,  
39th Infantry  
Regiment



**Sgt. Christina Billingsley**  
Company D,  
2nd Battalion,  
39th Infantry  
Regiment



**Sgt. 1st Class Eric Burkes**  
Company E,  
2nd Battalion,  
39th Infantry  
Regiment

## \$100K reward for information about 2001 homicide of 19-year-old Soldier

### Criminal Investigation Command

**FORT BELVOIR, Va.,** — Special Agents from the Army Criminal Investigation Command are offering a \$100,000 reward to anyone with information leading to the apprehension and conviction of the person(s) responsible for the 2001 death of U.S. Army Soldier Pfc. Amanda Gonzales in Hanau, Germany.

Gonzales, 19, was four months pregnant at the time of her death. Her body was found Nov. 5, 2001, in her third-floor barracks room on Fliegerhorst Kaserne near Hanau, Germany, after she did not report for work.

Gonzales, on her first assignment in the Army, was assigned to Headquarters Supply Company of the 127<sup>th</sup> Aviation Support Battalion as a cook at the time of her death. She had been in Germany only eight months.

The death was ruled a homicide by asphyxiation.

"Increasing the reward to \$100,000 is a testament to the determination we have in solving this case and bringing the person or persons responsible to justice," said Chris Grey, CID spokesman. "We are confident that someone out there knows something about the untimely death of this Soldier and her unborn child, and we are not giving up. We strongly encourage anyone with information to contact us immediately."

Anyone with any information regarding this case should contact their local CID office or CID Headquarters at (703) 806-



Photo Courtesy of Criminal Investigation Command

**Pfc. Amanda Gonzales as she was before her death in 2001. Gonzales was found in her barracks room in Germany after she did not report for work the morning of Nov. 5, 2001.**

0277 or e-mail CID at [crimetips@conus.army.mil](mailto:crimetips@conus.army.mil).

Anyone wishing to remain anonymous will be honored and information will be held in the strictest confidence allowable under the law.

## Combatives

(continued from Page 1)

a logical step.

"These Soldiers are really trained at the level of what we would say a certified Level 1 is in the Army," Fortier said. "So why not give the ones who are that good that reward, I mean, they've earned it."

The preparation paid off — all of the Soldiers received the certification.

Pvt. Gerald Saafi never imagined being able to prove himself as a hand-to-hand combatant.

"I've never been in a fight in my life," he said. "It was pretty good. I loved it."

Price was excited for his Soldiers.

"I feel bad about hitting them; you don't want to hit your Soldiers," he admitted. "They did real well. (They had) to achieve the clinch at close distance and they did that. I'm proud of them."

Fortier considers certifying Soldiers during basic training an investment.

"These guys are the future of the Army combatives program," Fortier said, pointing at one of the Soldiers. "One day (this Soldier will) be a sergeant, he'll be training his people. So why not start it early. It's the right thing to do for the Soldier, and it's the right thing to do for the Army."

*Susanne.Kappler1@us.army.mil*



# ARMY NEWS

## New manual aims to change Army mindset

**John Harlow**

*TRADOC News Service*

FORT LEAVENWORTH, Kan. — The Army released the new field manual FM 7-0, Training for Full Spectrum Operations, at the Training General Officer Steering Committee conference at Fort Leavenworth. Lt. Gen. William B. Caldwell IV, commanding general of the U.S. Army Combined Arms Center, introduced the new manual.

The new manual replaces the 2002 edition of FM 7-0, Training the Force.

“Today’s full-spectrum operations environment demands more from our men and women in uniform than ever before, and nothing is more important than training to ensure their success,” said Caldwell. “This manual will have a direct impact on our Soldiers — codifying our current doctrine directly into training the full breadth and complexity of today’s missions, to include offensive, defensive and stability operations.”

This is the first time the Army has synchronized the manuals for operations and training.

“Now is the right time to release the new training manual,” said Brig. Gen. Robert B. Abrams, director of the Combined Arms Center — Training. “We’ve been at war a little over six years, and our last training manual was published just after 9/11. A lot has changed since then. The operational environment has changed, and we now have a force that is the most combat-experienced in the history of the country. There are many factors that went into the need to update FM 7-0.”

In 2008, the Army released three important field manuals. FM 3-0, Operations, changed the way the Army operates, with the focus of the Army being on offensive, defensive and stability operations. FM 3-07, Stability Operations, went into detail of how the Army will perform its mission when called upon as a stabilizing force. FM 7-0 provides training guidance to prepare the Army to train the way it will fight.

“FM 7-0 is almost entirely driven by FM 3-0,” Abrams said. “This is the first time in recent doctrinal history that our Army’s capstone operations manual FM 3-0 has been at the forefront of our training manual. They have been re-



*Photo by Phil Sussman, Army News Service*

**Sgt. Roy Moreland stands next to a fallen enemy combatant during a platoon-level situational training exercise last month, as part of the 3rd Brigade, 2nd Infantry Division’s preparation for deployment to Iraq next year.**

lated before, and FM 7-0 has embraced the operational concepts in some degree or another, but in this particular case, the starting of FM 7-0 was about six months behind FM 3-0.

“The two writing teams have been nested from the beginning so that for the first time, all the operational concepts and the most important concept, that we are a full-spectrum Army, means that offense, defense and stability operations are our core concepts as an Army,” Abrams continued.

“These concepts are now nested throughout our training manual so that we train to be a full-spectrum Army, not

just in name, but in reality.”

FM 7-0 challenges leaders to train as they will fight — train as a full-spectrum force but not lose sight of the first priority of the Army, which is to fight and win our nation’s wars.

FM 7-0 sets out to change the Army mindset. The manual states that the Army cannot return to its pre-9-11 focus of training for offensive and defensive operations in major combat operations. Army leaders must think differently about training and leader development in an Army that must be capable of conducting simultaneous offense, defense and stability or civil-support operations.

The manual’s four chapters address the breadth and depth of Army training concepts — the “what” of Army training. The Web-based Army Training Network will address the “how” of Army training. It will provide examples of concepts in FM 7-0; training lessons, examples and best practices for implementing the 7-0 concepts; and solutions to training challenges.

“We are using emerging technologies and leveraging the power of the Web. We are going to take what has been previously published in FM 7-1, Battle Focused Training, and we’re going to take those concepts and put them on the Web as the Army Training Network,” said Abrams. “It is going to have the same format and same fundamentals you would see in FM 7-1 in terms of techniques for conduct of training management. What we want to show with the power of the Web is that we can get constant updates from the field and input on best practices.”

The operational concept requires the Army to be ready to conduct simultaneous offense, defense and stability or civil-support operations anywhere along the spectrum of conflict, from general war to stable peace.

FM 7-0 is designed to help develop an expeditionary Army, comprising Soldiers and civilians, experienced and knowledgeable enough to be comfortable with operating anywhere along the spectrum of conflict in any type of operation, under any conditions. Its principles and concepts are intended to produce agile leaders who can rapidly and easily adapt to changing, ambiguous situations.

To download FM 7-0, go to [www.leavenworth.army.mil](http://www.leavenworth.army.mil).

## DoD: 2009 housing allowance to increase by 6.9 percent

**Staff Sgt. Michael J. Carden**

*American Forces Press Service*

WASHINGTON — Housing allowances for military members will go up an average of 6.9 percent in 2009, Defense Department officials announced recently.

The increase comes to an average of about \$95 per month across the board for the 950,000 service members expected to draw basic allowance for housing, or BAH, in 2009, but some service members will not see any increase at all, and others will see less than that the average increase, Susan A. Brumbaugh, director of the Defense Department’s BAH program, said in a Pentagon Channel interview.

“We did see some decreases in some areas for some pay grades,” she said, “[but] it’s not across the broad spectrum. We also saw some significant increases across the board, so it’s a balance.

“In some years, you’ll have a rental market that is very strong in some areas,” she explained, “and in others areas, you’ll have local rental markets where there’s not a lot of housing available. So it changes. It can fluctuate from year to year. Every year you’ll see some [areas] that go down and some that go up, and this was a very typical year.”

Those who do notice their area’s BAH is lower than last year’s shouldn’t worry, Brumbaugh said, because an individual rate protection law is in place to protect those who already are under a rental agreement. So, if BAH rates in their area are lower Jan. 1 than Dec. 31, the previous, higher rate applies. Service members who change duty stations after Jan. 1 will be affected by the new, lower rates for that area, she explained.

“If [the military member’s] status didn’t

change, his rate will not go down,” she said. “Individual rate protection is in place. It’s in the law, and it’s not going to change.”

The local market economy serves as the basis for BAH rate changes. Military housing offices from each installation begin collecting data from the local rental market as early as January each year. The offices research the current rates for two-bedroom houses, townhouses, single-family homes and all the different standards and profiles for homes, Brumbaugh explained.

Typically, rates are higher in larger, more heavily populated metropolitan areas, such as New York City, Chicago and Washington. Rates in rural areas usually are more stable, and although they may increase to some degree, the rise doesn’t have the same impact as in larger cities, she said.

“The military housing offices are looking at adequate and appropriate dwellings

we would want our military families living in,” she said. “They don’t look at a small, two-bedroom house and say, ‘We could put an E-5 with a family in that.’ They look at it as something that would be appropriate for that particular profile.”

The BAH program is designed to benefit service members, but it’s not designed to pay 100 percent of their housing expenses, Brumbaugh said.

Although she said she’s never met a service member who is pleased with his or her BAH rates, the program is very well designed, and once service members understand the process for which the rates are set, they’re fairly satisfied.

“The entitlement is a wonderful entitlement,” she said. “[The Defense Department] absolutely bends over backward to make sure that if there is any change at all, it’s for the benefit of the member.”



# FEATURE



## 282nd Army 'Victory' Band tunes up for the holidays

Photos by Daniel Terrill

**Sgt. Scott Boyle, 282nd Army "Victory" Band, plays the euphonium for the "Twelve Days: Music for the Holidays" concert at the MG Robert B. Solomon Center Sunday afternoon. The band performed the previous weekend at the Newberry Opera House.**

*From traditional favorites to personal favorites, the band plays on*

**Daniel Terrill**  
Leader Staff

The 282nd Army "Victory" Band performed its winter concert "Twelve Days: Music for the Holidays" at the MG Robert B. Solomon Center Sunday afternoon.

The band's 33 Soldiers and two guests played a 17-song set of traditional and contemporary holiday tunes. The repertoire included many vocal features this year such as Mariah Carey's "All I Want for Christmas is You," Harry Connick Jr.'s "Must Have Been Ol' Santa Claus," and a trio piece, David Foster's "My Grown Up Christmas List."

"Twelve Days of Bootcamp," the Fort Jackson's rendition of the Christmas tune, returned along with props and gained crowd participation. The audience pleaser transitioned nicely to Trans-Siberian Orchestra's "Christmas Eve: Sarajevo." The contemporary classic set the tone for the band's motivating finale "Army Strong," which had troops cheering and boots stomping.

*Daniel.Terrill@us.army.mil*



**The audience, including Fort Jackson Commanding General Brig. Gen. Bradley W. May, offer a standing ovation for the 282nd Army Band at the "Twelve Days: Music for the Holidays" concert at the MG Robert B. Solomon Center Sunday afternoon.**



# FEATURE

## Battalion spreads holiday cheer to children

**Crystal Lewis Brown**  
Leader Staff

For a group of 12 children from the Connie Maxwell Children's Home, one Fort Jackson battalion has become their Santa, doing what it can to make their holiday wishes come true.

The battalion, which prefers to remain anonymous, "adopted" the Connie Maxwell house this holiday season.

Jerry, the battalion chaplain, said he came across the organization after the unit decided it wanted to volunteer during the holiday season.

"I just started looking around, and I found that it was a Christian organization," he said.

"I just made contact and found out it was a good match for everybody."

The Connie Maxwell Children's Home is a residential facility for abused, abandoned and neglected children, and children going through difficult situations. The Greenwood main campus houses 88 children, from elementary to high school age, in 11 family-style homes. The home is sponsored by the South Carolina Baptists and has been in operation since May 22, 1892.

On Nov. 22 — the first visit of many — Jerry hopes, the children got a first-hand look at life as a Basic Combat Training Soldier. They received a tour of the barracks and company areas, and even got a chance to shoot M-16s filled with blanks.

"The kids are really enjoying it. They've been excited," said Michael Gambrell, assistant director of enrichment at Connie Maxwell. "They really enjoyed shooting the M-16s."

The group of 14- to 18-year-olds capped off the evening with a full Thanksgiving dinner, complete with fried and roasted turkeys, collard greens, stuffing, sweet potatoes and more. In addition to the spread catered by the battalion dining facility, more than 200 Soldiers and family members came out to show their support, bringing casseroles, salads, pies and cakes with them.

Connie Maxwell resident Elizabeth, 18, said she enjoyed the trip.

"I think it's great because it inspires me a lot," said Elizabeth, referring to the dedication and perseverance she saw in the Soldiers.

What was especially interesting, she said, was watching them hustle from place to place carrying their weapons and hearing them talk about the discipline necessary to wake up before dawn each day.

"I'm just like, 'Wow, that's what they do all day,'" she said.

Travis, 15, was also inspired by the trip, but for a different reason. He stood out from the rest of the children — and Soldiers — in his bright blue Air Force Junior Reserve Officer Training Corps uniform. For him, he said, the trip may make him trade his Air Force blue for Army green.



Photo by Crystal Lewis Brown

**Jenna, 14, and Deshon, 15, write down their gift wishes to be placed on the battalion's Angel Tree. Each child was able to request two gifts to be purchased by the battalion and battalion family members.**

"I already wanted to go with the Army, but this kind of made it stronger," he said.

He said he was pleased with everything the battalion did for him and the rest of the children. The final part of the day's events was to have each child fill out a card for the "Angel tree," which would provide each of them with two gifts, courtesy of the battalion.

"It just makes me feel good," Travis said. "I'm just glad I'm here."

Chaplain Jerry delivered the children's gifts to the home earlier this week, and plans to invite the children back in the spring to spend even more time with the battalion.

"We hope that we can build something with this group," he said. "We work hard, but we really understand the importance of family. This is a way to give back to some kids who (may not) have one."

*Crystal.Y.Brown@us.army.mil*

Photo by Michael Gambrell, Connie Maxwell House

**Travis, 15, fires an M-16 filled with blanks. Travis was among a group of 11 other children from the Connie Maxwell Children's Home who were invited to spend the day with one of the post battalions.**





OPINION – EDITORIAL

Cyber security compromised in a flash

COMMENTARY

Ed Beemer  
Army Office of Information Assurance & Compliance

WASHINGTON — Right now, Soldiers are singing, “All I want from Santa is my thumb drive back.” This sad song could have been prevented. The recent decision to ban thumb drives and other flash memory products from military computers was based on a technical vulnerability and the situation was made worse by human error and poor judgment. Not having thumb drives at our disposal is a major headache, as some are finding out. The current situation exists because complacency and familiarity had set in. The protections available on government-issued drives were being bypassed frequently just to save a few seconds of effort.

Unfortunately, the use of personal drives in government computers contributed to opening the door for the introduction of potentially dangerous code. Notably, it was a general threat, not some insidious super virus targeting only the U.S. military. During the holiday season, we need to give ourselves the gift that keeps on giving — information assurance. It is time for all people with access to government computers to upgrade to Personal Responsibility 2.0. The earlier version is no longer supported and will not run on any machines connected to the Global Information Grid. The training and information is out there and there is more on the way. We have seen that if you play dangerously and someone gets hurt, they take away your toys. Armed conflicts throughout the ages have had days when no spear was thrown, no bullet fired, no missile launched. Even the Hundred Years War (Valois versus Plantagenet for the French throne — you remember) only

had 80 or so years of actual fighting. We should be so lucky. The fact is we are now embroiled in a conflict with no end, no ceasefires, no time-outs. This war is not a shooting war in one of the world’s hot spots. This unending struggle is in cyberspace and will be a raging conflict until the last circuit board is fried. This crisis requires constant vigil because the enemy, ranging from state-supported hackers to the kid in the coffee shop, is probing our defenses every nanosecond. They can reach us from every corner of the globe at any given moment. To many, that’s a sobering thought. While some discount it as fear mongering, the daily news and reports from international cyberspace experts drive home the point — the war is ongoing with no end in sight. Solid defenses against cyber attacks exist. Many of these defenses rely on strong and constantly adapting computer safety technologies. Unfortunately, the weakness in this defensive perimeter is usually human.

Home for the holidays — celebrating what matters

COMMENTARY

Ashley Henry  
Public Affairs Intern

I am not skipping Christmas this year like I did last year. You won’t find a Scrooge here. You know the type: nothing you do can make him or her happy. He has strong opinions about everything, and it is rarely positive. No “bah-humbugs” from me. How can anyone be “scroogy” at this time of year, with colorful decorations everywhere, pretty lights brightening up the night sky and parties with friends and loved ones to attend? Of course, I have bad moods like everyone else, but luckily my trials are now in perspective. There are many families who won’t have a Christmas tree this year because they can’t

afford one. There are many children who won’t have presents because there is no one to take care of them and provide for them. And there are many, many families who will have incomplete Christmases because they have loved ones deployed in a war zone and their only prayer is that their husbands, wives, fathers, mothers, sisters and brothers will come home safe. This is where I was last year, when my mom and I skipped Christmas because my dad was deployed in Baghdad. My mom could not fathom the thought of spending the holiday at home without my dad; we didn’t even get out the Christmas tree. Of all my 22 Christmases this had to be the worst. But we tried to make it as good as possible for my dad by sending him a box full of Christmas goodies, including a tree and wrapped gifts. My mom and I on the other hand spent Christmas on a beach in Florida avoiding



Henry the reality that it really was Christmas, and my dad was not there to share it with us. It doesn’t sound all that bad, I guess — but for a small family that typically spends Christmas together carrying out family traditions together — it was. We spent Christmas Day on an airplane, instead of watching the Christmas parade on TV or having a ham dinner. But this year is going to be different; this year, I am going home for Christmas and spending it with my family. This year we will have a tree, we will watch the parade on TV and this year ... this year, my dad will be home with us. So I ask you to keep a few things in mind this year as you prepare for your holiday celebrations.

If you don’t get that perfect Christmas gift this year, think about the Soldier in Iraq who doesn’t have anyone to send him a gift or his mail didn’t get to him before Christmas. If your turkey wasn’t all you wanted it to be, think about the Soldier who didn’t get a turkey dinner this year because he was out patrolling the streets of Baghdad. And when your family starts to drive you crazy, remember the Soldier who isn’t spending Christmas with his family this year. My dad, luckily, made it home safely. So this Christmas, my family will be praying for the safe return of all the husbands, wives, fathers, mothers, sisters and brothers who have not made it home yet. And, we will be thanking those who have made the ultimate sacrifice allowing us all to enjoy a safe Christmas with our families. Ashley.Rose.Henry@conus.army.mil

Fort Jackson talks back

What would you like Santa to bring you for Christmas?



Dorian James, 5  
Kindergarten  
“Bumblebee (the Transformer).”



Kaitlyn Pinero, 2  
“Dora.” (Said via mom)



Taylor McIver, 3  
“A horse.”

Justin Carmona, 8  
3rd Grade



“A RipStik. It’s a kind of skateboard.”

Julie-Anne Hall, 9  
4th Grade



“A snowglobe. One that plays music.”

Thomas Hall, 12  
7th Grade



“A PSP game.”



## Army Family Covenant Update

# Hearts Apart helps deployed Soldiers' families

**Patricia Guillory**

*Mobilization and Deployment Readiness Program*

Hearts Apart is a support network sponsored by the Fort Jackson Army Community Service Center. This support group has been established for military families who are waiting for their service member to return home from an unaccompanied tour.

The Hearts Apart family support network links military family members with other families who are left behind because of a sponsor's mission requirements.

Army Community Service wants to ensure military families are provided a supportive group setting for activities, opportunities to learn about available resources (on and off post) and the ability to network with other military families who are living in the local area without their military sponsor.

The ongoing contact of a supportive group or a friendly gathering seems to offer the greatest comfort to those separated from their loved ones.

The Hearts Apart Waiting Support group, sponsored by ACS, offers families an opportunity to connect with old and new friends concurrently providing information and quality support to waiting family members of military and Department of Defense civilian.

Family well-being can affect a Soldier's ability to focus on his or her mission and the military command acknowledges this. Through informal programs, "Hearts Apart" can provide supportive fellowship, education, referral and assistance. Hearts Apart encourages families to maintain contact with their command and Unit Family Group. Families who live either too far from the unit or from other military families can stay connected through the resources available online and in their community.

### How Does Hearts Apart Work?

Hearts Apart is designed to help make separations during prolonged separations more bearable for family members. Whenever a Soldier is leaving on a deployment or an unaccompanied tour of duty, ACS staff works with the command to obtain accurate contact information for the family.

Once the family is identified, ACS makes every effort to reach the family to assess the need for services and information, provide answers to questions with ongoing information updates and act as the liaison between military and civilian organizations.

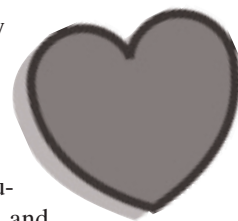
ACS invites spouses to participate in Hearts Apart support meetings to share fun-filled activities such as monthly birthday celebrations, holiday events, arts and crafts activities such as scrap-booking, powder puff mechanics, self-

defense and much more. Hearts Apart activities will vary to meet the needs and special interest of the individuals involved. For instance, groups with small children will focus on entertaining and instructional play groups while groups with more male spouses or older children might focus on sporting events and fishing. Ongoing support from ACS, as well as from old and new friends of Hearts Apart meetings make separations easier to handle.

### How Is Hearts Apart Structured?

Hearts Apart is not formally structured; instead, each family is invited to meetings and events focusing on sharing some ideas about things to do. It is both an entertaining and informative opportunity to meet with other spouses and families in similar situations. The group usually meets monthly for activities such as bowling, skating, pizza and movie nights, book clubs, card games, parties for children or making arts and crafts or special holiday gifts for the absent Family member now living abroad or away in the states for specialized training.

For more information on Hearts Apart or to join, call (803) 751-7489 or e-mail [Patricia.A.Guillory@conus.army.mil](mailto:Patricia.A.Guillory@conus.army.mil).



#### Today

**Southern Style Lunch Buffet**, from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to the public.

Visit **Century Lanes** for food, fun and bowling.

**Magraders Pub** is open for lunch for family members from noon

to 4 p.m., Thursdays.

#### Friday

**Artistic Expression with Jake** begins 6:30 p.m. at the Youth Center Teen Room.

**Dance** to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub, and the cover charge is \$3 for military and \$5 for civilians.

Every Friday is **Fish Fry Friday** at the Officers' Club, from 11 a.m. to 1:30 p.m. Lunch at the Officers' Club is open to everyone.

#### Saturday

**Step Team practice** begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. The event features live broadcasts from the BIG DM 101.3 with giveaways 9:30-11 p.m.

The **Man Drive Deer Hunt** begins at 5 a.m. at **Heise Pond**. The cost is \$5 with a license/permit.

#### Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers' Club.

Enjoy **Family Day at the Youth Center**, 2-6 p.m.

#### Monday

The NCO Club presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m., for \$7.

#### Tuesday

**Movie Night** begins 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub.

#### Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

#### Ongoing Offers

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

- The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.

- The **Officers' Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

- The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays,

weddings, graduation, retirements and other special occasions.

- **Victory Travel** has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$28 per ticket, and Six Flags, \$27 per ticket, for the 2008 season. Some offers require reservations. For more information, visit Victory Travel in the MG Robert B. Solomon Center.

- **Child, Youth and School Services** provides child care and youth programming on Saturdays at no cost for active duty parents who must work to meet mission requirements and for National Guard and Reserve Soldiers during Battle Training Assembly. Care is offered from 5 a.m. to 6 p.m. at multiple locations.

For more information about:

— Registration, call 751-4865.

— Six weeks-kindergarten, call 751-6221/6230.

— Grades 1-5, call 751-1136/6387.

— Grades 6-12, call 751-3977/6387.

— Child Development Home serving children between 6 weeks and 12 years old, call 751-7169/7170.

- Enjoy resort accommodations for between two and six people for less than one would pay for most hotels with the **Armed Forces Vacation Club**. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

- **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share. For more information, call 751-4865.



# COMMUNITY HIGHLIGHTS

## Need a friend?



Photos by Susanne Kappler

*These pets need a home: 2-year-old female cat, 3-year-old female mixed breed. For information on these or other pets for adoption, call the Veterinary Clinic at 751-7160.*

## This Week

### Financial/Relocation Brief

A Financial/Relocation Initial PCS Brief is scheduled for 8:30-10:30 a.m., today in the Education Center Room B-302. For more information, or to register, call 751-5256.

### Red Cross Bloodmobile

A Red Cross Bloodmobile blood drive is scheduled from 9:30 a.m. to 2:30 p.m., Friday at Moncrief Community Hospital. The bus will be parked in front of the Troop Medical Clinic. Those who donate at any blood drive throughout the state will be entered into a drawing for one of three \$1,000 gift cards. Call 360-2036 to sign up for an appointment or for more information.

### Thrift Shop Blowout Sale and Closure Dates

A Thrift Shop sale is scheduled from 9 a.m. to 2:30 p.m., Saturday. The Thrift Shop will be closed Monday to Jan. 5. For more information, call 787-2153.

### Stress Break

Stress Break is scheduled from noon to 12:30 p.m., Tuesday at 5616 Hood St., Room 10. For more information or to register, call 751-5256.

### Christmas Eve Party and Caroling

A Christmas eve party and caroling event is set for 5-7 p.m., Wednesday at 5888 Parker Lane. For more information, call 834-4671.

## Upcoming

### Stress and Anger Workshop

A Stress and Anger Workshop is scheduled from 10 a.m. to 3 p.m., Jan. 6 at 5616 Hood St., Room 10. For more information or to register, call 751-5256.

### Breastfeeding Support Group

A Breastfeeding Support Group meeting is scheduled from 10 a.m. to noon, Jan. 6 in the Joe E. Mann Center conference room. For more information or to register, call 751-5256.

### Hearts Apart Meeting

A Hearts Apart committee meeting is scheduled for 9-10:30 a.m., Jan. 7 at building 2179, Room A-12. For more information or to register, call 751-5256.

### Levy Briefing

A Levy Briefing is scheduled for 2:30-3:30 p.m., Jan. 7 in the Strom Thurmond building, Room 213. For more information or to register, call 751-5256.

### AER Commanders and First Sergeants Referral Training

An AER Commanders and First Sergeants Referral Training is scheduled for 9-10:30 a.m., Jan. 8 in the Education Center, Room B-302. For more information or to register, call 751-5256.

### Retired Officers' Wives Club

The Retired Officers' Wives Club is scheduled to meet at 11:30 a.m., Jan. 14. RSVP by 3 p.m., Jan. 9 by calling 669-1768 or 783-1220.

### Thrift Shop Sale

A Thrift Shop blowout sale is scheduled from 9 a.m. to 2:30 p.m., Jan. 10. For more information, call 787-2153.

### Baby Basics/Baby Bundle/Dad 101

Baby Basics/Baby Bundle/Dad 101 is scheduled from 10 a.m. to noon, Jan. 13 in the Joe E. Mann Center conference room. For more information or to register, call 751-5256.

### EFMP Outing

An Exceptional Family Member Program outing is set for 5 p.m., Jan. 13 at EdVenture. The cost is \$1 per person. For more information or to register, call 751-5256.

### CIB Association

The Combat Infantryman Badge Association will have its quarterly meeting at 7 p.m., Jan. 13 at the Officers' Club. For

## Christmas angels



Photo courtesy the Main Post Chapel

*The Main Post Chapel collected more than 200 gifts during its 2008 Angel Tree project. The gifts were donated by chapel parishioners and Soldiers to the 22 children "adopted" for this year's drive. The project was coordinated by the chapel's Catholic Youth Group.*

more information, call 751-2333.

### De-stress Your Life

The Fort Jackson Spouses' Club "De-stress Your Life" program is scheduled for Jan. 13. The cost is \$12. RSVP by Jan. 8. For more information or to RSVP, e-mail [fjscreservations@yahoo.com](mailto:fjscreservations@yahoo.com) or call 338-3882.

### Employment Readiness Orientation

Employee Readiness Orientation is scheduled from 8:30 a.m. to noon, Jan. 14 in the Strom Thurmond building, Room 223. For more information or to register, call 751-5256.

### Martin Luther King Jr. Day Luncheon

The Fort Jackson Martin Luther King Jr. Day observance is scheduled from 11:30 a.m. to 1 p.m., Jan. 15 in the MG Robert M. Solomon Center.

Tickets cost \$9 and can be purchased through the Fort Jackson Equal Opportunity Office, brigade EO advisers or battalion EO representatives. For more information, call 751-4117.

## Announcements

### Housing Area Traffic Changes

Demolition and construction will begin in the housing areas Dec. 19. Roads will be closed and redirected. Changes include:  
**Howie Village** — Furman Smith Road at McLeod Court will change to two-way traffic starting Dec. 18. On-street parking will not be allowed from that point on. Overflow parking will be available in McLeod Court. Furman Smith Road off Lee Road will be redirected to Semmes Road and Knight Avenue.

**Pierce Terrace 2** — Owens Road

between Mills and Willett roads will be closed, including Wells and Yarborough courts. Pedestrian and vehicular traffic will be available off Willet and Chesnut roads.

**Pierce Terrace 6** — Mills Road from Brown Avenue to Imboden Street will be closed, including Batson and Boone courts. Also closed are buildings 5717, 5719, 5721, 5723, 5729 and 5751. Imboden Street will remain open for pedestrian and vehicular traffic.

**Bradley Court and Building 5790** — This area will be fenced off entirely. Brown Avenue will remain open for pedestrian and vehicular traffic.

### Commissary Holiday Schedule

The Commissary Holiday Schedule is as follows:

*Monday:* 10 a.m. to 8 p.m.  
*Tuesday:* 7:30 a.m. to 8 p.m.  
*Wednesday:* 7:30 a.m. to 3 p.m.  
*Thursday:* Closed  
*Friday:* Closed  
*Dec. 27:* 9 a.m. to 8 p.m.  
*Dec. 28:* 11 a.m. to 6 p.m.  
*Dec. 29:* Closed  
*Dec. 30:* 7:30 to 8 p.m.  
*Dec. 31:* 7:30 to 6 p.m.  
*Jan. 1:* Closed

### Holiday Gate Procedures

The holiday gate opening schedule until Jan. 2 is as follows:

**Gate 1** — 5 a.m. to 8 p.m. (Closed Christmas and New Year's Day)  
**Gate 2** — No change  
**Gate 4** — 5 a.m. to 2 p.m. (Closed Christmas and New Year's Day)  
**Gate 5** — 5 a.m. to 10 p.m. (Closed Christmas and New Year's Day)

### Range Control Class Change

The Range Control OIC/RSO class will take place in the Education Center Room 308 beginning Jan. 5. The class will still



# COMMUNITY HIGHLIGHTS

## Saluting those who serve



Photo by Susanne Kappler

**Fort Jackson Soldiers who recently returned from deployments to Iraq and Afghanistan were honored during Basic Combat Training graduation Friday at Hilton Field. From left: Sgt. 1st Class LaSharon Taylor, Company B, 3rd Battalion, 60th Infantry Regiment; Sgt. Nickgene Rios-Rodriguez, U.S. Army Garrison Fort Jackson; Sgt. 1st Class Chrissy Cooper, 193rd Infantry Brigade; and Sgt. Julian Akins, 193rd Infantry Brigade.**

## River Raider Hawkeyes



Photo by Daniel Terrill

**Two Basic Combat Training Soldiers with the 3rd Battalion, 60th Infantry Regiment earn the title of Hawkeye — the highest marksmanship honor a Soldier can receive. The distinction is earned by shooting 40 out of 40 during rifle qualification. Left: Pfc. Luis Cintron, 21, Company B. The Naranjito, Puerto Rico native had never fired a weapon prior to joining the Army. After basic training he will become a signal support specialist. Right: Pvt. Mike A. Nunes, with Company D. After basic training he will become a medic.**



Photo by Crystal Lewis Brown

### Holiday Mailing Deadlines

To ensure holiday cards and packages mailed to APO/FPO addresses arrive by Dec. 25, the United States Postal Service recommends the following schedule:

Priority Mail and First-Class Mail Letters and Cards — items must be mailed by today.

Express Mail Military Service — items cannot be sent to zip code prefix AE 093; items to all other zip codes must be mailed by today. For more information, visit <http://www.usps.com/supporting-troops/welcome.htm>.

9724 or e-mail [Glenn.Baker@usar.army.mil](mailto:Glenn.Baker@usar.army.mil).

### Free After School Program for Middle School Students

The Boys and Girls Club of the Midlands will offer free after-school programs for middle-school students. Transportation home is available for \$10 a week. All Army youth and dependents of Army civilian employees are eligible. For more information, call 231-3300.

### Fire Alarm Warning

If occupants of a building notice a malfunction in the fire alarm system, it should be reported immediately by calling 751-4142/7217. No one should work on a fire alarm system except authorized personnel. Tampering with a fire alarm system, a violation of Fort Jackson Regulation 420-90

### 208th RSC Vacancies

The 208th Regional Support Group, an Army Reserve logistical unit, has vacancies in all military occupational specialties in the ranks of sergeant to lieutenant colonel. For more information, call 751-

## FORCE PROTECTION THOUGHT OF THE WEEK

### Maintain Situational Awareness



**Soft targets are predictable and oblivious to the threat.**

# COMMUNITY HIGHLIGHTS

and South Carolina law, is punishable under the Uniformed Code of Military Justice. For more information, call 751-1610.

### EO Training Web Site

The Equal Opportunity Training Proponent has launched EO Net. EO Net provides one-stop shopping for EO information and training material. The site is available for anyone with a valid APO account. For more information, visit <https://www.us.army.mil/suite/page/463396>.

### ChildFind Early Childhood Screenings

Parents who live on post and have concerns about their child's development regarding speaking, thinking, moving, social and emotional skills or daily living skills can schedule a ChildFind screening appointment for possible special education services. For more information or to schedule a screening, call 782-1772.

### Individual Resume Class

The Employment Readiness Program is offering Resume Writing for Beginners individual classes. Call 751-5452 for more information.

### Spouse Overseas Employment

Individual appointments are available for Spouse Overseas Employment Orientation. For more information, call 751-5452.

### Motorcycle Safety Training

To operate a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post.

The BRC is a two-day course offered weekly. The Safety Office also offers an optional Experienced Rider Course. All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend. Training is available to retirees and family members on a space available basis. For more information, call 751-RIDE (7433).

### Military OneSource

The Military OneSource call center is open 24 hours a day, seven days a week for military personnel and family members. Call (800) 342-9647 or visit [www.militaryOneSource.com](http://www.militaryOneSource.com).

### Landscaping and Refuse Collection

Housing residents are reminded of the weekly landscaping schedule:

Monday — Pierce Terrace 1 and 2.  
Tuesday — Pierce Terrace 3 and 4;  
Wednesday — Pierce Terrace 5 and 6.  
Thursday — Howie Village and Pershing area.  
Friday — Pierce Terrace 7 and rain day

## Weekly

**Walking Away Stress** meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

**Play Group** meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

**Range Control Briefing** takes place at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

**Columbia Composite Squadron (Civil Air Patrol)** meets at 6:30 p.m., Mondays at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail [tom.alsup@gmail.com](mailto:tom.alsup@gmail.com) or visit online at [www.scwg.cap.gov](http://www.scwg.cap.gov).

**Helping Everyone Reach Optimum Strength** meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

**Medical Board Office** is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

**Protestant Women of the Chapel** meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail [pwocjackson@yahoo.com](mailto:pwocjackson@yahoo.com).

**Overseas Travel Clinic** is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

**Military Widows/Widowers Association** meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

## Monthly

**The Ladies Auxiliary** meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

**Weight Loss Surgery Support Group** meets at noon the second and fourth Monday of the month at the Weight Management Center, 180 Laurel Street, Columbia. The group also meets the second and fourth Tuesday of the month at 6:30 p.m. at the Palmetto Health Baptist Breast Health Center, 1501 Sumter St., Ground Level, Meeting Room 2, Columbia.

**Seabees** meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

**Veterans of Foreign Wars** meet at 7:30 p.m., the second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

**Sergeant Audie Murphy Club** meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room

## Recurring Meetings

[www.jackson.army.mil/360/SA/MC/home.htm](http://www.jackson.army.mil/360/SA/MC/home.htm).

**American Legion Post #182** meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

**Disabled American Veterans** meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

**Fleet Reserve Association Unit 202** meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. For more information, call 482-4456.

**Veterans of Foreign Wars Post 4262** meets at 7 p.m., the third Tuesday of the month at 5821 North Main St. For information, call 754-1614 or 447-2320.

**Vietnam Veterans of America Chapter 303** meets at 7 p.m., the third Tuesday of the month at American Legions Post 6, 200 Pickens Street. For more information, call 312-4895.

**Purple Heart #402** meets at 7 p.m., the fourth Tuesday of the month at the American Legion Post 6 on Pickens Street. For information, call 351-2333.

**American Red Cross** new adult volunteers orientation is the second Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Ave. For more information, call 571-4329.

**"Victory Riders" Motorcycle Club** meets at 5 p.m., the first and third Thursdays of the month at Magraders Club. For information, e-mail [sec@fjvictoryriders.com](mailto:sec@fjvictoryriders.com).

**Society of American Military Engineers** meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

**MEDPROS training** will be held 1-4 p.m., the third Friday of the month at the hospital, Room 9-83. For more information or to register, e-mail [Jaclynne.Smith@amedd.army.mil](mailto:Jaclynne.Smith@amedd.army.mil).

**Retired Enlisted Association** meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail [jrodgers11@sc.rr.com](mailto:jrodgers11@sc.rr.com).

**92nd Buffalo Chapter 20 DAV** meets at 11 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet St., West Columbia. For information, call 260-1067.

**U.S. Navy Sea Cadets**, for 11-18 year olds, meet the third weekend of the month. For information, call 622-8707.

**Fort Jackson Spouses' Club** meets monthly. Visit their Web site, [www.fortjacksonspousesclub.com](http://www.fortjacksonspousesclub.com), for more information about upcoming meetings and events, or contact the group at [FtJacksonSpousesclub@yahoo.com](mailto:FtJacksonSpousesclub@yahoo.com).

**The Thrift Shop board** meets at 10 a.m., the second Monday of each month at the Thrift Shop. Call 787-2153 for more information.

**Veterans of Foreign Wars Gandy-Griffin Post 4262** meets at 7 p.m., the third Tuesday of each month at 5821 North Main St. Call 754-1614 or 447-2320 for more information.

**The Ladies Auxiliary Post 4262** meets at 5 p.m., the second Sunday of each month at 5821 North Main St. Call 754-

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).

make-up.

Residents should ensure the yard is clear of any obstacles that may prevent mowing, weeding and edging.

Refuse collection is scheduled for regular trash pick up, recyclables and yard

debris and bulk trash.

No trash of any kind may be put out before 7 p.m. the evening before scheduled pick-up day. The schedule for trash pick-up is as follows:

Monday — Pierce Terrace 1,2,3 and 6.

Tuesday — Pierce Terrace 4,5,7 and Howie Village.

Wednesday — recyclables and yard debris;

Thursday — bulk trash.

For more information, call 787-6416.





During a rainy early-morning formation, Lopez lays out the training schedule for the day. The Soldiers in his platoon are in the “blue phase” of Basic Combat Training, which combines elements taught in the first two phases.



Lopez closely watches as one of his Soldiers covers her advancing battle buddy by engaging the “enemy.”



Lopez examines one of his Soldier's M-16 rifle. After they returned from the range, the Soldiers spent the rest of the day cleaning their weapons in preparation of turning them in for routine maintenance.

# Training through the eyes of a drill sergeant — blue phase

Susanne Kappler  
Leader Staff

It's almost 5 a.m. on Dec. 11. Sgt. 1st Class Gabriel Lopez just got to work. The first thing he does is check the weather forecast online. The chance of rain is 100 percent and thunderstorms are anticipated.

Lopez is a drill sergeant with Company F, 2nd Battalion, 39th Infantry Regiment and his Soldiers are supposed to spend the day on the range.

“The rain won't stop us,” he says, “but if there's lightning, we'll have to wait it out in the shelter.”

His Soldiers are in the “blue phase” of Basic Combat Training, during which they apply what they have learned so far in more complex exercises.

“They're more disciplined now,” Lopez explains. “They know a lot more.”

Not everyone in Lopez' platoon has made it this far. Throughout the last four weeks, six

Soldiers were sent home, some for medical reasons and others for failure to adapt to the rigors of Army life. The ones who are still here board the buses to Omaha Beach, a live-fire range where they will practice “buddy team movement.”

The task is for two Soldiers to navigate the 220-yard course together. While one Soldier advances from one barricade to the next, his or her battle buddy engages the enemy, represented by pop-up targets. At the end of the course, the Soldiers throw a practice grenade before retreating.

“It teaches them to move in close to the enemy,” Lopez says, explaining that the Soldiers have practiced the exercise twice before during dry runs.

Despite the gloomy weather forecast, the company gets the training done before thunderstorms move into the area. Each buddy team goes through the course once. Two drill sergeants run the course with the Soldiers — an

exhausting undertaking under normal circumstances, but even harder when running through the mud.

“My legs are tired now,” says Lopez three hours later, after all of his buddy teams have completed the exercise.

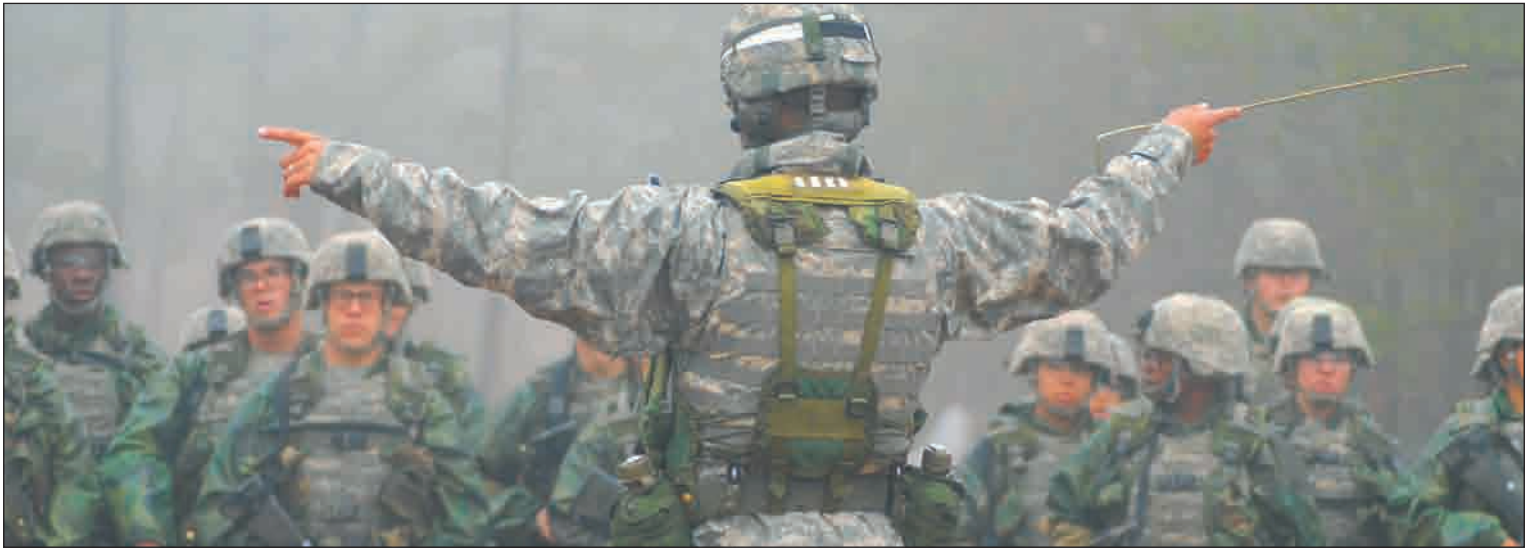
Lopez will have time to recuperate soon. The Soldiers will be gone for the holidays and will resume training in January — without their senior drill sergeant. He will attend the seven-week Advanced Non-Commissioned Officer Course at Fort Benning, Ga., in January.

“I'll be working nine-to-five and I'll be able to run at my own pace,” Lopez says, looking forward to the break.

The downside of being gone is that Lopez will not be present for his Soldiers' graduation Jan. 23, the event that sums up the success of his mission.

“You see in the Soldiers that they accomplished so much,” he says.

Susanne.Kappler1@us.army.mil



Lopez gives final instructions to his Soldiers before the beginning of buddy team movement training Thursday.



Photos by  
Susanne Kappler  
Sgt. 1st Class Gabriel Lopez, a drill sergeant with Company F, 2nd Battalion, 39th Infantry Regiment, waits for his Soldiers to board the buses, which take them to Omaha Beach Range.



# HEALTH

## Resolve to make reinforced resolutions

**Kelly Forys**

*U.S. Army Center for Health Promotion and Preventive Medicine*

Lose weight, develop a better diet, exercise more, spend more time with family, pay off debt, quit smoking.

How many people have made one or more resolutions like this, or have heard friends and family members set similar goals on New Year's? Then, how many people have experienced the let-down that occurs after not being able to stick to the goal in February or March? It can be tough.

For those who have found it difficult to stick to a resolution in the past, the problem might not be a lack of will-power. Rather, the goals might not have been realistic or measurable.

One of the most popular New Year's resolutions is to lose weight. Losing weight can certainly improve health, and a resolution to do so can be a great motivator. However, following some simple guidelines when creating a resolution can

greatly improve the chances of success.

### **Set a realistic goal**

If you have many things in your life that you would like to change, start by choosing one. Changing life behaviors is very difficult, and if you choose one behavior at a time, you will focus better and make progress toward achieving that goal. Also, the goal should be realistic. If you want to lose 50 pounds, don't expect to lose 10 pounds in the first week. Products on infomercials that promise huge weight loss are likely ineffective or can even be harmful.

### **Set a specific goal**

A vague goal of losing weight is not helpful. In addition to being realistic, the goal should be specific. A goal of losing 5 pounds in the next two months is realistic and specific. Another approach is to set specific and measurable behavioral goals

such as exercising three times per week or eating three servings of vegetables every day.

### **Identify potential barriers**

Think of barriers to your goal and ways that you will overcome them. For example, your goal might be to eat healthy foods while you are pulling night duty; however, a barrier might be that at that time of night, fast-food restaurants are the only places to get food. Ask your fellow Soldiers to help you think of obstacles to your goal and solutions to work around those obstacles.

Your fellow Soldiers might suggest that you stop at the deli and purchase a healthy sandwich before you report for night duty, so that you can eat that instead of going to a fast-food restaurant.

It may seem discouraging to think about the barriers that might block you from reaching your goals; however, if you are able to identify the barriers that might get in your way, you can plan how to eliminate them.

### **Engage support from others**

Don't underestimate the power of social support. Tell others what your goals are, and enlist their help if they are willing. For example, if your goal is to exercise more, ask your family members to walk with you after dinner, or find a buddy or co-worker with whom you can exercise during lunch.

If there is no one supporting you, look for groups to join that can help you reach your goal. You are probably not the only one trying to make a change for the New Year.

After you have set a realistic and specific goal, identified potential barriers and gathered your support system, get started. Taking steps to reach your goal will motivate you to keep that resolution.



## Cold-weather injuries pose risk to Soldiers' readiness

**Paul Repaci and Lt. Col. Diego Gonzales**

*U.S. Army Center for Health Promotion and Preventive Medicine*

Cold-weather injuries remain a significant problem during training and combat operations, affecting Soldiers' health and readiness. Cold-weather injuries include injuries caused by decreased temperatures, heaters, carbon monoxide poisoning, sunburn and snow blindness, and accidents caused by impaired physical and mental function resulting from cold stress.

The Armed Forces Health Surveillance Center reported 238 cases of cold injury among active-duty service members during the 2007-2008 cold-weather season.

Frostbite was the most frequently reported cold injury (50 percent), followed by unspecified (29 percent), immersion foot (11 percent) and hypothermia (10 percent). The highest rates of cold injuries occur among the youngest enlisted Soldiers.

Commanders, supervisors and Soldiers at all levels must implement countermeasures to prevent cold injuries.

These include proper clothing and equipment; training on cold-weather clothing and equipment; adequate food, water, shelter and rest; and other preventive measures.

### **Cold weather-related injuries**

— *Frostbite*: Frostbite is the most common type of freezing injury, caused by prolonged exposure to freezing temperatures. Severe frostbite can have devastating consequences, including the loss of fingers, toes or limbs.

— *Immersion/trench foot*: Immersion foot or trench foot is observed in people whose feet have been wet, but not freezing, for prolonged periods. It may occur at temperatures near or slightly above freezing and is usually

associated with inactivity and wet or damp socks and boots.

— *Chilblain*: Chilblain occurs after exposure to non-freezing temperatures and damp conditions. Chilblain causes skin lesions (blisters, erosions or ulcers) in unprotected extremities such as hands, feet and face. It occurs 12 to 24 hours after exposure. The lesions usually resolve spontaneously in one to three weeks, but they may recur in some people.

— *Hypothermia*: Hypothermia is the lowering of the body's core temperature. It is an emergency requiring immediate care.

Accidental hypothermia kills more than 650 people per year in the United States, usually resulting from unanticipated exposure to cold weather in an inadequately prepared person caught off guard by the elements. It is classified as mild, moderate or severe based on core body temperature. Symptoms range from shivering, irritability and confusion to unconsciousness and death.

— *Sunburn and snow blindness*: Sunburn can occur in cold environments, leading to painful, red, swollen, blistered skin. It can be prevented by proper use of sunscreen.

Snow blindness, like sunburn, is caused by the intense UV rays of the sun in snow-covered surroundings. Symptoms include painful, red, watery or gritty eyes caused by burning of the cornea. Snow blindness can be prevented by wearing sunglasses with side protection.

### **What Soldiers should do**

— Become familiar with the causes and risks of cold injury and the personal protective measures to prevent them.

— Attend cold-injury prevention training and risk communication briefings.

— Use protective clothing (loose and in layers) and equipment properly.

— Ensure cold-weather clothing is clean, dry and in good condition (without holes or broken fasteners).

— Consume adequate food and fluids for optimal performance in cold.

— Ensure deployment kits contain enough socks, hats, sunglasses, sunscreen, lip balm and skin-care items.

— Use the buddy system and report to the unit medic or medical officer if you or a buddy develops cold-weather injury symptoms.

### **What leaders should do**

— Apply risk management principles to prevent cold-weather injuries.

— Coordinate with medical planners, medical officers, preventive medicine personnel and combat lifesavers and obtain real-time local weather data when planning cold-weather operations.

— Ensure Soldiers are properly trained in recognizing and preventing cold-weather injuries and that clothing is appropriate, dry and properly worn.

— Ensure only Army-approved heaters are used and personnel are trained on how to use them.

— Initiate a buddy system and have personnel check each other for cold injuries.

— Modify outdoor activities when wind-chill categories indicate extreme risk of frostbite, if the mission permits. Cold-weather injury prevention is a command responsibility.

For more information, visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site.



# CHALKBOARD

## *Student 2 Student provides transition assistance*

**Keisha McCoy Wilson**  
*School Liaison Officer*

The Student 2 Student programs are in full force in Richland District Two schools.

What is S2S?

Imagine being a school-age child waking up one morning to realize that you are in a strange new place. Except for family, you know no one. You have no friends, you have no one to talk to and you know nothing about the school you are about to enter.

These experiences can be quite scary for most school-age children, especially if the child has faced the experience in the past.

Student 2 Student is a powerful program that uses student trainers to help “bridge the gap” between a student’s loss of the familiar to a development of experiences the student will gain. Research suggests that when students are comfortable through their transition process, and when someone understands them and shares in their process, the transition is more acceptable.

S2S guides students through their unfamiliar surroundings by offering peer viewpoints, valued information, friendships and assistance in areas that matter to transitioning students.

How does S2S benefit the transitioning student?

— It presents students with valuable and credible tran-

sition information offered by their peers.

— It initiates relationships, builds trust and fosters communications and mutual understanding with someone to whom the student can relate.

— It allows students to get comfortable with their new school and community.

— It promotes a feeling of being included right away.

— It helps students feel better about themselves.

Student 2 Student programs are offered at Blythewood High School, Richland Northeast High School and Ridgeview High School.

For more information, e-mail *Keisha.McCoyWilson@us.army.mil*.

### **Fort Jackson Schools**

**Winter break** is from Monday to Jan. 2. Students return to class Jan. 5.

### **Richland District One**

**Winter break** is from Monday to Jan. 2. Students return to class Jan. 5.

### **Richland District Two**

**Winter break** is from Monday to Jan. 2. Students return to class Jan. 5.

Expanded choice and magnet applications will be accepted until Jan. 30. All applications are due 5 p.m.

### **Fort Jackson Homeschoolers**

A **get-together** for home-schooled students is planned for 11 a.m., Tuesdays for various activities. For more information, call 419-0760.

### **College**

The South Carolina Commission on Higher Education has launched a **college information hotline** for students and

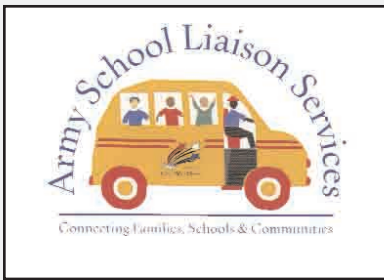
families. For up-to-date college information, call (877) 349-7183, 5:30-8:30 p.m., Tuesdays-Thursdays.

### **Announcements**

**Partnerships in Education** is sponsoring a movie contest for middle- and high-school students titled “Real Life at My School.” The purpose is to introduce new students from military families to area schools. Details and applications are available in the Child, Youth and School Services Central Enrollment Office or online at [http://fortjacksonmwr.com/school\\_liaison](http://fortjacksonmwr.com/school_liaison). Submissions are due Jan. 7.

Soldiers may request to **remain in a current duty assignment** until his or her high school student graduates. To make the request, Soldiers must submit DA Form 4187 through his or her chain of command to Personnel Command. For more information, call (703) 325-4422/5191.

The CYS Middle School and Teen Program is seeking feedback about a pro-



posed shuttle bus that will run between the youth center and some local high schools, Tuesdays through Fridays. The service would be free. Anyone interested in the shuttle should call 751-6387 or e-mail *Marilyn.Carver@us.army.mil*.

The Richland County School District Two 2009-2010 **Magnet and Expanded Choice timeline and school orientation** dates for rising sixth graders are available. For more information, e-mail *Keisha.McCoyWilson@us.army.mil* or visit [www.richland2.org](http://www.richland2.org).

Soldier volunteers are needed for the Adopt-A-School program in Richland School District Two. Schools in the dis-

trict are requesting Soldiers who are willing to share their expertise with administration and students. In addition, Soldier volunteers are asked to mentor, tutor and coach students within the district. For more information, e-mail *Keisha.McCoyWilson@us.army.mil*.

### **Scholarships**

**Scholarships for Military Children**, [www.militaryscholar.org](http://www.militaryscholar.org), applications due Feb. 18.

**Major General James Ursano Scholarship Fund for Dependent Children**, [www.aerhq.org](http://www.aerhq.org), applications due March 1.

**Bernard Brown Space Camp Scholarship** for students in sixth through ninth grades, [www.militarychild.org/space-camp.asp](http://www.militarychild.org/space-camp.asp), applications due March 10.

**Editor's Note:** For more information on Army School Liaison Services, call 751-6150 or e-mail *Ruth.C.Russell@us.army.mil* or *Keisha.McCoyWilson@us.army.mil*.



# ***Drunken, drugged driving on nobody's party list***

## **Army Substance Abuse Program**

The holiday season is supposed to be a time for family, friends and festive celebrations, but it is unfortunately also a time during which a tragic jump in the number of alcohol-related highway fatalities can be observed each year between Thanksgiving and New Year's Day.

Impaired driving is one of America's deadliest crimes. In 2006, 13,470 people died in alcohol-related highway crashes, accounting for nearly one-third (32 percent) of all traffic-related deaths in the United States.

Every day, 36 people in the United States die, and approximately 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver. Hundreds of thousands more are injured each year.

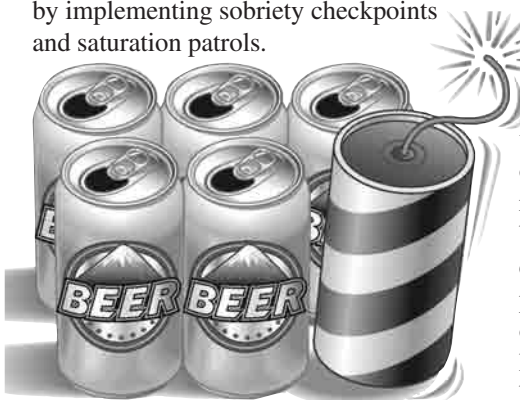
According to the National Highway Traffic Safety Administration, about three in every 10 Americans will be involved in an alcohol-related crash at some point in their lives.

With all of the office and holiday parties this holiday season, this is a critically important time of year to make sure everyone always designates a sober driver before the parties begin and to always

remember, "Friends don't let friends drive drunk."

December is National Drunk and Drugged Driving Prevention Month.

Since 1982, Army installations have supported this initiative. The month of December and the New Year's Eve holiday are also often highlighted by significant increases in state and local law enforcement efforts to combat impaired driving by implementing sobriety checkpoints and saturation patrols.



The NHTSA offers these reminders for a safer holiday season:

— Don't even think about getting behind the wheel of your vehicle if you've been out drinking.

— If you are impaired, call a taxi, use mass transit or get a sober friend or family

member to come and get you. Or just stay where you are and sleep it off until you are sober.

— Take away a friend's car keys and never let him or her leave your sight if you think he or she is about to drive while impaired.

— If you are hosting a party this holiday season, remind your guests to plan ahead, always offer alcohol-free beverages during the event, and make sure all of your guests leave with a sober driver.

— Driving impaired or riding with someone who is impaired simply is not worth the risk. The consequences are serious and real. Not only do drunken drivers risk killing themselves or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant. Everyone has the obligation to protect innocent people from harm by keeping friends and family members from picking up the car keys if they have consumed alcohol — even one drink.

Drinking impairs the ability to make rational decisions and slows reflexes.

A little effort on everyone's part could mean the difference between life and death.

So remember, this holiday season, if

## **ASAP Calendar of Events**

The Army Substance Abuse Program provides prevention and education to the community on topics pertaining to alcohol and other drug usage.

ASAP maintains a wide selection of pamphlets and videos that can be used to get a better understanding of the dynamics of substance abuse and use.

ASAP staff is available to give presentations on alcohol and drug abuse.

For questions about classes offered or about substance abuse, call 751-5007.

you catch a buzz, catch a ride.

**Editor's Note:** Part of the information in this article was retrieved from the National Highway Traffic Safety Administration. For more information on substance abuse, call 751-5007.



# CHAPEL

## Focusing on Christ's message

**Chaplain (Maj.) Edward Kelley**  
*Installation Chaplain's Office*

Next week, the Christian world will commemorate the birth of Jesus Christ more than 2000 years ago. God sent his Son to be the Messiah, the Savior proclaimed in the Jewish scriptures. Christians believe that this God/man is the transforming event of all history and that by his coming, humankind has the ability to enter in a new, personal relationship with their God.

Christians see in the coming of Jesus the personification of the love and forgiveness that their God has for all people. The coming of Jesus for them is both a challenge and a blessing.

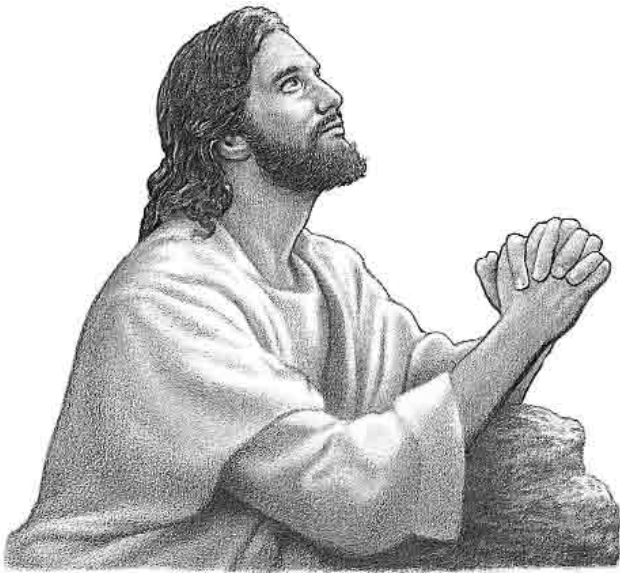
No one deserves or earns the relationship that the coming of Jesus enables people to have with their God.

God, in his great love and mercy, freely offers his people the gift of salvation, which we describe as grace. It is freely offered by the Father to those who are open to it.

Unfortunately, over the course of centuries — more often caused by history and misunderstanding than by theology — Christian communities have weakened their ability to witness this reality.

But they come together in proclaiming the central theme of their belief, that God has visited his people and called them to a life of witness to the message of salvation and grace that the Father has offered to his people.

Our God is a demanding God, who brings to fruition the revelation of the Old Testament and challenges us to a life of prayer, sacrifice, commitment and forgiveness.



Throughout the years, we have seen many movements and many people who have paid with their lives, for doing what they understood God wanted them to do. Often this suffering was inflicted by one side or the other in the name of the very God they shared.

Sometimes it was the result of others who had a different understanding of God, or no God at all.

But through it all, people of faith continued to commit themselves to proclaiming the message of love, forgiveness, peace and, most especially, a God who loves all of creation and offers forgiveness and grace to those who choose to accept it.

All Christians face the challenge of focusing on the core message of Jesus Christ and living out the message that he gave to his followers to pass on to the ages.

The message the Son of God handed on to the world is that God is a God of love, who wants to dwell in the hearts of all peoples and that the way to accomplish this goal is to witness and live a lifestyle that mirrors that of the Christ.

He tells us to feed the hungry, cloth the naked, visit the sick and those in prison. He tells us to forgive as we would like to be forgiven when we fall. He calls on us to be witnesses of peace and justice. He calls on us to be Christ-like to one another. This is the challenge of Christmas.

Our Christmas lights are meaningful only if they represent the light of Jesus in the church we call home. The exchange of gifts is meaningful only if it reminds us that everything we have is a gift from God and if we are willing to take care of the poor, the homeless and the person without a country.

The church we call family contains God only when it extends beyond itself and recognizes that our God is the God of all peoples.

The event we celebrate on Christmas Day is not important because it is historical, but because God has directed us to share it with all peoples and to make it the foundation of all that we do and who we are.

May the blessing of the Christ child continue to flow to all peoples, whether they are a part of the Christian church or not.

May we always remember that we are all created by a God who loves us, forgives us and calls us to live with him forever.

May we never forget those in need in our family, our community, our nation, our world.

May we always treat one another with love, forgiveness, honesty, respect and justice. Then Jesus will not only be in our hearts and our churches, but in our world.

### Block Leave Chapel Services

#### Protestant

- *Dec. 21 and Dec. 28*  
8 a.m. Daniel Circle Chapel  
9 a.m. Main Post Chapel  
10 a.m. Daniel Circle Chapel  
11 a.m. Chapel Next and Memorial Chapel

#### Jewish

No services will be conducted during Block Leave.

#### Catholic

- *Daily Mass*  
11:30 a.m. Main Post Chapel
- *Dec. 21*  
11 a.m. Main Post Chapel
- *Dec. 24*  
Midnight Main Post Chapel
- *Dec. 25*  
11 a.m. Main Post Chapel
- *Dec. 28*  
11 a.m. Main Post Chapel
- *Jan. 1*  
11 a.m. Main Post Chapel
- *Dec. 2/3*  
11 a.m. Main Post Chapel

#### Muslim

No services will be conducted during Block Leave.

#### Special Services

- 7 p.m., Candlelight Service, Main Post Chapel
- *Dec. 31*  
9 p.m. to 12:30 a.m., Watch Night Service, Daniel Circle Chapel
- *Dec. 31*  
10 p.m., New Year's Eve Service, Memorial Chapel

#### Addresses, phone numbers

**Daniel Circle Chapel** — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216  
**Main Post Chapel** — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469  
**Bayonet Chapel** — 9476 Kemper St., 751-4542  
**Family Life Chaplain** - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780  
**Anderson St. Chapel** — 2335 Anderson St., Corner of Jackson Blvd., 751-7032  
**Education Center** — 4581 Scales Ave.  
**Magruder Chapel** — 4360 Magruder Ave., 751-3883  
**120th Rec. Bn. Chapel** — 1895 Washington St., 751-5086  
**Memorial Chapel** — 4470 Jackson Blvd., 751-7324

# SPORTS/FITNESS

## BCT Soldier sets record unit APFT score

Daniel Terrill  
Leader Staff

One-hundred thirty-two push-ups in two minutes, 114 sit-ups in two minutes and an 11-minute, 53-second 2-mile run.

These scores earned Pfc. Holden Isley a total of 402 points on the extended scale of his Basic Combat Training Army Physical Fitness Test, one of the highest 3<sup>rd</sup> Battalion, 13<sup>th</sup> Infantry Regiment’s drill sergeants have seen.

“People may say they’ve seen higher, I vote for what I saw,” said Sgt. 1<sup>st</sup> Class Chris Robinson, Company E, 3<sup>rd</sup> Bn., 13<sup>th</sup> Inf. Reg. drill sergeant. “The highest I’ve seen before this was 325 (in BCT).”

Although Isley’s official score is 300 — the highest score for the APFT — his total score raises the bar for BCT Soldiers who want to compete for the top APFT award given at graduation, Robinson said. The second highest score in the company was 319.

“First time I did a PT test I did 98 (push-ups) and I kept telling myself I wanted the highest APFT score in Fort Jackson,” Isley said. “I wanted to leave something here so that people would remember my name.”

Isley will get his wish because his drill sergeant will use his score to challenge new recruits.

“I’m getting his APFT score card laminated to hang inside the bay,” Robinson said and added, “Some Soldiers during their personal time would read letters and some of them were doing push-ups and sit-ups.”

Isley, focused on his basic training-legacy, joined those who exercised during personal time to improve their fitness.

“I do a lot of extra stuff at night. I do extra push-ups, sit-ups; at night I run around the bay,” Isley said. “All my drill sergeants teach me the best way to do exercises and other activities.”

To help him and others improve, Robinson brought in



Photo by Daniel Terrill

**Using 30-pound dumbbells, Pfc. Holden Isley, Company E, 3rd Bn., 13th Inf. Reg., demonstrates how to do dumbbell push-ups, an exercise that helped him develop the strength needed to score 402 on his Physical Fitness Test.**

dumbbells and push-up equipment for Soldiers to use and get better.

“I gave them (the equipment) and started coming into the bay and first thing in the morning they’re using

them,” Robinson said. “They have a little mini-gym they can use and I’ve noticed it’s improved our PT scores tremendously.”

*Daniel.Terrill@us.army.mil*

### Individual Commander’s Cup winners

**Commander’s Cup**

- 1st Place — VSB, 1431 points
- 2nd Place — TSB, 1116 points
- 3rd Place — 187th, 890 points
- Honorable mention — 3-13, best BCT unit for third straight year

**Winter Basketball**

- 2nd Lt. Gerald Bolden, 120th AG Bn.
- Sgt. 1st Class Michael Broner, 2-39

**Summer Basketball**

- South Carolina National Guard team

**Softball**

- Staff Sgt. Jeffery Norman, MEDDAC
- Christian Players team

**Volleyball**

- 1-61

**Flag Football**

- 2-13

### Commander’s Cup games Champs, runner ups

**Winter Basketball**

- Champions — 120th
- Runner up — 3-13

**Summer Basketball**

- Champions — SCNG
- Runner Up — Swamp-foxes

**Darts**

- Champions — Sharp Shooters
- Runner up — 3-13

**Spring Golf**

- Champions — TSB
- Runner up — 171st

**Fall Golf**

- Champions — TSB
- Runner up — 187th

**Volleyball**

- Champions — 1-61
- Runner up — VSB

**Small Games**

- Champions — 3-13
- Runner up — 187th

**Commander's Bowling**

- Champions — TSB
- Runner up — VSB

**Flag Football**

- Champions — VSB
- Runner up — 2-39



### Sports Briefs

**Volunteer Cheerleading Coaches**

Volunteer youth cheerleading coaches are needed. Experience is desired, but not mandatory. Volunteers get the “coaches discount,” when their children also play sports — 100 percent for the first child; 50 percent for siblings. For more information or to volunteer, call 751-5040.

**For youth sports, call 751-5610/5040; For golf information, call 787-4437/4344; For sports information, call 751-3096.**